

## Mind/Body

Student/Fac-Staff

M / W	12:10pm	7/10-8/9	Yoga'lates	\$32/42
M / W	7:05am	7/10-8/9	Yoga	\$32/42
Thursday	5:30pm	7/13-8/10	Yoga	\$15/22

\*Yoga is 55 min

## X-Training & Sculpt

Student/Fac-Staff

M / W	12:10pm	7/10-8/9	Total Body	\$32/42
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## Aerobics

Student/Fac-Staff

M / W	5:00pm	7/10-8/9	Zumba	\$32/42
T / TH	12:10pm	7/11-8/10	Zumba Toning	\$32/42

## Cycle

Student/Fac-Staff

M / W	7:05am	7/10-8/9	Cycle 50	\$32/42
M / W	12:10pm	7/10-8/9	Cycle 50	\$32/42
M / W	5:00pm	7/10-8/9	Cycle 50	\$32/42

## Online Registration

### Session I

BEGINS July 3 at 11:00am

Registration available only online at:

[recreationservices.syr.edu](http://recreationservices.syr.edu)

## Payment

Registration and credit card payments are online at:

<http://recreationservices.syr.edu/recstore/>

**If you are paying by CHECK, please go to the main office at 241 Archbold Gym. Please ensure this occurs ASAP as your spot is not guaranteed until payment is received.**

There are no refunds for summer classes.

## Class price rates

Student = Students

Fac-Staff = Faculty/Staff/Spouses/Alumni

## Forms of Payment:

Credit Cards online at

<http://recreationservices.syr.edu>

Personal Checks: bring to

**241 Archbold Gym**

There will be a \$20 charge on all returned checks.

## Aqua Fitness

Student/Fac-Staff

M / W	11:05am	7/10-8/9	Shallow	\$32/42
Tuesday	11:05am	7/11-8/8	Deep	\$15/22
Monday	7:05am	7/10-8/7	Aqua Cycle	\$15/22

## Swim Lessons

Student/Fac-Staff

M / T / W	2:05pm	7/10-7/26	Beginner	\$30/40
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## Golf Lessons

Student/Fac-Staff

Wednesday	3:50pm	7/12-8/9	Beginner	\$55/65
Wednesday	5:00pm	7/12-8/9	Beginner	\$55/65

Golf Lessons are 1-hour and held at Drumlins Golf Course

**All Fitness Classes are 50-minutes unless otherwise stated.**

**Aqua Fitness Classes will be held at Webster Pool (Archbold).**

## Fitness Class Descriptions

**Aqua Cycle:** High energy spin class done in the pool. Rigorous cardio and resistance training.

**Aqua Fitness:** A challenging water workout with little impact on the joints, using all major muscle groups to enhance total body fitness in the aquatic environment. Water shoes are required for shallow water. Flotation belts are provided for deep water.

**Cycle 50:** As close to outdoor cycle as it gets from the inside. Participants will burn calories and have fun with instructor-driven music and drills.

**Golf: Meet at the Drumlins Driving Range**

- **Beginner:** Little to no experience with golf.

**Yoga:** This class will include classical yoga postures, warm ups, breathing techniques, and relaxation methods.

**Yogalates:** Merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west. Will include exercises and poses (asana) to cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural "core" muscles. These protect the spine against injury, support the internal organs and foster pelvic and spinal awareness to promote good posture.

**Zumba®:** Combines hip-shaking Latin Dance moves with high-energy aerobics. This workout will blow you away!

# SUMMER Fitness Classes

**2017 SUMMER SESSION II**  
**Online Registration**  
**begins Monday,**  
**July 3 @ 11:00 a.m.**  
**[recreationsservices.syr.edu](http://recreationsservices.syr.edu)**